

Rethink your drink

Scratch the answers and total your score. Then turn over to find out *your alcohol rating*.

How often do you have an alcoholic drink?

Never

Monthly or less

2-4 times per month

2-3 times per week

4+ times per week

0

1

2

3

4

How many units of alcohol do you consume on a typical day when you are drinking?

(unit information overleaf)

1-2

3-4

5-6

7-9

10+

0

1

2

3

4

How often do you consume six or more alcoholic drinks on one occasion?

Never

Less than monthly

Monthly

Weekly

Daily or almost daily

0

1

2

3

4

TOTAL SCORE

NOW TURN OVER

0-4

Congratulations! This score indicates that you are a low risk drinker. This means you are less likely to develop an alcohol related illness in the future.

5-8

This score indicates that you are drinking at increasing risk levels. Continuing to drink at this level could cause serious health implications later in life.

9+

This score indicates that you are drinking at higher risk levels. Continuing to drink at this level is likely to cause a serious alcohol related illness.

DID YOUR NUMBERS COME UP?

Check ***how many units*** are in your drink

**RECOMMENDED
LIMIT**



14 UNITS WEEKLY

**Strong pint of beer/
lager (568ml)**



3 units

**1 medium glass
of wine (175ml)**



2 units

**Bottle of alcopop
(275ml)**



1.4 units

**1 single measure
of spirits (25ml)**



1 unit

**Bottle of wine
(750ml)**



10 units

Please indicate what level of intervention was given. 1. No Action 2. ABI Delivered 3. Referral

Male: Female:

Postcode:

Age:

